

# PARANORMAL UNDERGROUND®

Volume 15, Issue 7

July 2022

HOUSE  
TROLLS!

SCOTLAND'S  
DOG SUICIDE  
BRIDGE

PROF.  
CHRIS FRENCH  
ANOMALISTIC  
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UFO Incident

## ALSO INSIDE:

SHADOW PEOPLE TERRORIZE FAMILY IN GALT

Q&A WITH HORROR HOST MR. LOBO

ALIEN INVASION: READY OR NOT

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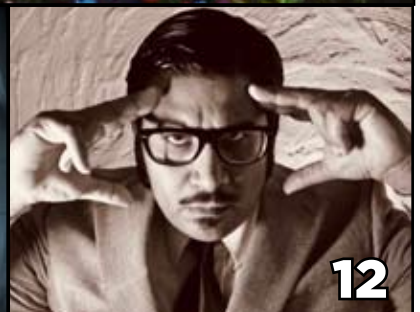
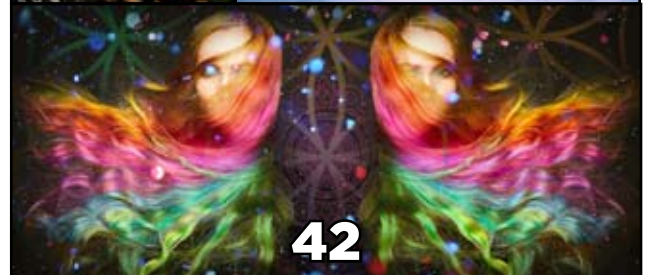
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Emma has been a paranormal investigator for the past six years. She recently created All Things Paranormal, a group that hosts weekly Zoom meetings for anyone who is interested in the paranormal.

[twitter.com/paranormalcomm](https://twitter.com/paranormalcomm)



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As an investigator and evidence analyst with Spectral Tech, Bob and the team help their clients find answers while helping to educate them about the paranormal in the process. As a special projects manager primarily involved in process engineering, and because documentation and analysis is paramount to serious investigations, Bob was drawn to take more than a passing interest and become actively involved in the study of different paranormal phenomena.

He has a bachelor's degree in applied organizational management and a bachelor's in metaphysical science from the University of Metaphysics. Bob is also an ordained minister/metaphysical practitioner with the International Metaphysical Ministry.

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### WILLIE WINDWALKER GIBSON

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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.



### CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 30 years of experience as a professional writer and editor and has written articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

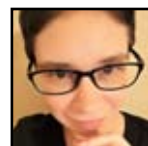
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### MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.



### MARK OLLY

Mark was born in 1962 in Warrington, England. For over 22 years, he worked as a professional DJ, musician, and in music management, founding Angelharp Music, Unicorn Entertainments Agency, and Legendthink, before moving on to pursue a solo career as writer, archaeologist, and television presenter. This career has so far taken him to all parts of the U.K., France, Egypt, Norway, Italy, Bul-



garia, Cyprus, and the Yucatan Peninsula in Mexico in search of the ancient and the mysterious.

He has several books in print, appeared on Carlton Television's *The History Detectives*, wrote and presented three seasons of ITV Granada's award nominated *Lost Treasures* adventure archaeology series, and is a regular presenter on Sky History Channel. He is a visiting lecturer at Wilmslow Guild and the University of Chester, heads up his own archaeological unit, and runs a DVD production and props company, MythCo. His latest book, *Crystal Skulls & Human Heads*, was published by Flying Disk Press.

#### ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.



Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.

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#### PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.



Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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#### MARIA ANNA VAN DRIEL

Maria Anna is an investigative journalist, columnist, author, and theoretical physicist with a master's degree in ancient alchemy and bachelor's degree in metaphysics. Her interests include mythology, medieval and pre-Egyptian symbolism, and quantum, optical, particle, and astroparticle physics, among others.



As the founder and publisher of *The Next Truth* and *Young People Science* magazines, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

nexttruth.com

#### CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

paranormalunderground.net ♦

### Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at [paranormalunderground@live.com](mailto:paranormalunderground@live.com). Tell us about your experience, and we may publish it in a future issue.

Your submission can be anonymous!



# **PARANORMAL UNDERGROUND®**

Volume 15, Issue 7 - July 2022

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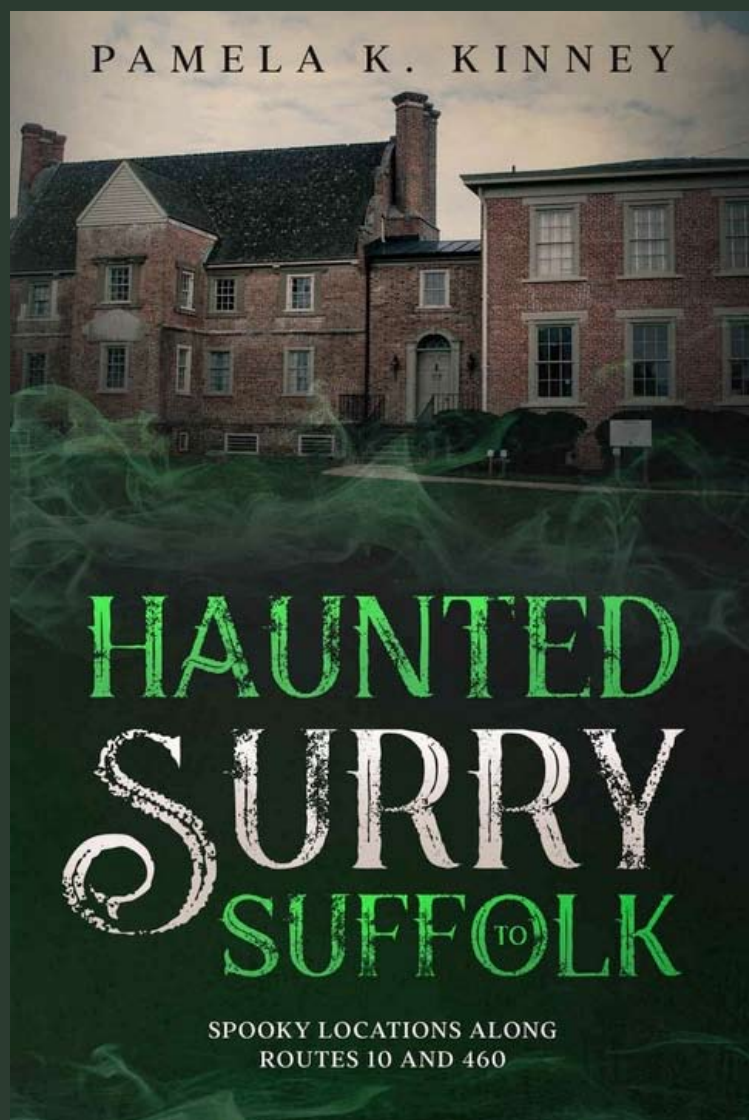
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# A POSSESSED ALEXA, A PERSISTENT HITCHHIKER, A FEW UFOs & MORE!

BY MORGAN LINEBERRY

## FIREBALL UFOs IN CALIFORNIA SKIES

**B**enzinga writer Phil Hall explains that the city of San Diego recently received an unexplained visit by strange lights in the sky. One witness claims to have seen the UFOs from a higher vantage point and stated that they “were huge, fast, and appeared to be giving off heat, kinda like sentient fireballs.”



Other witnesses state that the lights changed in what could have been a communication pattern, such as Morse code. While one other option was military flairs, but that doesn’t seem to properly explain the way the lights looked. Many witnesses believe these were real UFOs.

## MOTHPMAN MAKES AN APPEARANCE IN ILLINOIS

**T**obias and Emily Wayland of Singular Fortean bring us an unusual report, even by paranormal standards. An anonymous man claims that “he was riding in a car driven by his fiancé on April 20 at around 9 a.m., when he saw a strange, black, winged creature flying near St. Joseph Cemetery in River Grove, Illinois.”



Image: Tim Bertelink

This Mothman-like creature looked like it might be a drone at first, but as the witness watched it, he could tell it had wings. He explained that it “was not any kind of

aircraft or bird” that he had ever seen. He even told his fiancé he that he believed it was Mothman.

## HITCHHIKING GHOST GRABS RIDE ON TRUCK

**M**ost of us have heard the urban legend of the dead hitchhiker. Someone pulls over, a woman gets in, gives an address or directions, but when they arrive at the address, the house is clearly abandoned and the woman disappears.



Photo: CEN

But what happens if you don’t pick her up? According to Andy Thrower of the Mirror, she might just hitch a ride anyway. A trucker in Argentina was driving by and noticed a hitchhiking woman who suddenly disappeared. He called the convoy following him and “was told she was holding onto the back of his rig.”

Video footage confirms that she stayed on for a few moments before disappearing. The drivers were so terrified that they “drove on for another 100km before finally stopping,” just to get completely out of town.

## UFOs SPOTTED OVER QUEENS, NEW YORK

**O**ne thing is for sure — UFOs don’t seem interested in hiding themselves of late. The writers at Unexplained.co tell us that Queens, New York, was visited by a cluster of lights on the night of June 19.





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BARBARA DIANE HOLLAND

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A [YouTube video](#) shows six to eight “stationary very bright objects in a cluster.” The objects then change formation almost instantly. And one of the objects moves diagonally while the others stayed stationary.

### GHOST SPEAKS THROUGH ALEXA

Footage was recently posted on a paranormal-themed TikTok of a man who was awakened by unidentified sounds and then had a disturbing conversation with his Alexa!

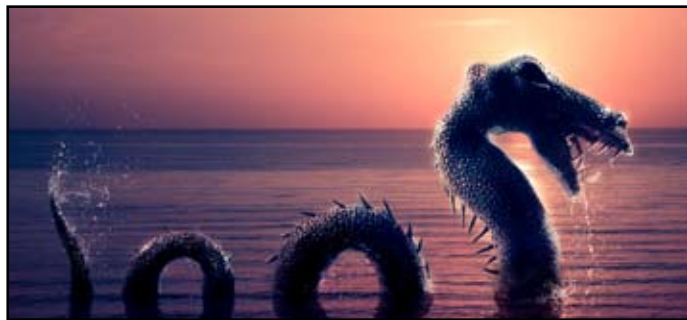


The device suddenly begins making noises and eventually states, “She was my wife,” according to a story by Tim Binnall of [Coast to Coast AM](#). The man asks twice, “Who was your wife?” obviously terrified by what is happening. Ominously enough, the device eventually responds, “You took her from me.”

The man did what any of us would do: He denied it! After a few moments of him trying to convince his possessed Alexa that he was innocent, the device states “I found her here,” and then seems to laugh. The man unplugs the Alexa after that. If that happened to me, I would definitely be getting out of that house! You can see the video by [clicking here](#).

### NEW NESSIE FOOTAGE

It's official! We have another Nessie sighting in 2022! According to Tobias and Emily Wayland of [Singular Fortean](#), a couple who was “vacationing in a cottage



overlooking Urquhart Castle near Loch Ness” captured a video early in the morning on April 25.


The woman was taking photos but “began filming after noticing something large that appeared to be moving in the water.” The object in the water appears to be 20 to 30 feet long.

“I really don't know what it was in the water. It was something large,” the women said. “I don't think it really equates on the video quite how large it was. It was propelling itself with something. It wasn't how a fish would do it.”

The couple are hoping to have the footage analyzed to see if they really captured Nessie on film. You can see the video by [clicking here](#).

### ‘NOPE’ OPENS TO ENTHUSIASTIC AUDIENCES

Jordan Peel's newest movie, *Nope*, is an outside-the-box look at the UFO phenomenon. The movie opened up at the No.1 spot during its first-week release. Peel is also the creator of supernatural-themed films *Get Out* and *Us*. ♦



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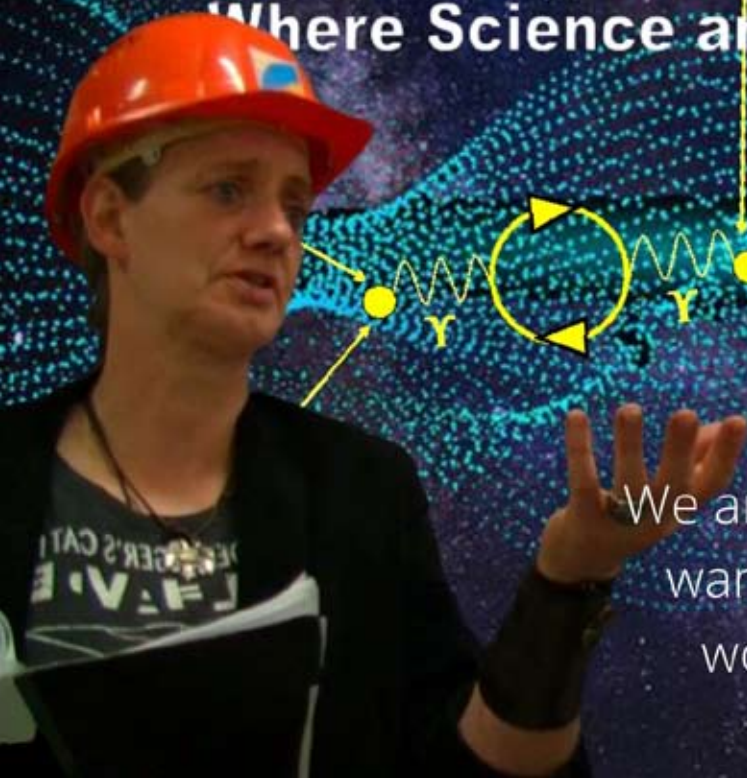
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# HORROR HOST MR. LOBO

## Q&A WITH 'CINEMA INSOMNIA'S' CREATOR

By Paul Dale Roberts, Halo Paranormal Investigations



I recently had a chance to interview innovative producer and host Mr. Lobo, who has presided over the nationally syndicated late-night TV show *Cinema Insomnia* since 2001.

He has appeared in many independent genre films, including in the role of Criswell in the long-awaited remake of *Plan 9 From Outer Space*, called *Plan 9, American Scary*, *Citizen Wood*, and *Virginia Creepers*. His distinctive voice can be heard on commercials and trailers, including the *Hardware Wars* 30th Anniversary marketing campaign and the Grindhouse-style trailers of the anthology film *Midnight Show*. Mr. Lobo has a spoken word album available on CD and Download/MP3 called *Horrible Noises of Mr. Lobo's Very Bad Manor*, which was ranked by iTunes as one of the Top 40 Halloween recordings.

Read on to find out more about Mr. Lobo's horror and sci-fi inspirations, his underground comic creations, and his own paranormal experiences!

\* \* \* \* \*

**Q: What was your inspiration to create underground comics?**

**Mr. Lobo:** I always loved comics. Even though I am best known as a TV horror host, actor, and producer, I love print and am a lifelong cartoonist. Making movies and animations is very expensive and time-consuming, and print was very immediate and you can control all the aspects of it. You could tell your story you want to tell with no compromises — other than the limits of your talent or imagination.



I loved *Mad Magazine*, *Crazy*, and *Cracked* magazine as a kid, and underground comics allowed me to be even more subversive and far-reaching with my humor. I was inspired by the *Book of the SubGenius*, *Raw* magazine, *Psychotronic Catalog*, *Trencher*, *Heavy Metal Magazine*, *Cult Movies Magazine* ... you felt like you were getting something unfiltered. You can't have a revolution without print!

I took some of my movie scripts and stories and put out several books in the '90s — the height of zine mania! First there was a Mad Max-like, post-apocalyptic parody magazine called *Nuke Nova: Adventures in the Rust Age*. Then we did several anthologies called *Funny Pages* with other artists. I still do comics occasionally — I just was involved with a U.K. horror anthology comic called *Bizarre Dimensions* in which Mr. Lobo is sort of the "Crypt Keeper" for a collection of stories that are 1000% truer than real life.

**Q: How long has Cinema Insomnia been around?**

**Mr. Lobo:** Officially, since 2001 ... but it seems like an eternity! Seriously, in the cannon of the show, Mr. Lobo has done some throwback episodes from the 1960s and '70s. *Atonic Brain* and *Screaming Skull* are both retro episodes on Alpha Video DVD.

**Q: Have you ever met Elvira? A crossover between you two would be epic.**

**Mr. Lobo:** Elvira is a legend and one of the most successful horror movie hosts of all time! I am proud to say that Cassandra and I have known each other for years. She helped me out a few times in my career. She was gracious enough to let me interview her for our *Night of the Living Dead* episode and hands off a can of film to me.

We did a panel together at WonderCon in 2009. She later included me in a show she hosted with Bay Area horror host Peaches Christ, and the three of us hosted *Dead Alive* and *Creature From the Black Lagoon*! Two unforgettable nights. Backstage she gave me great advice ... like to always protect your core character. We email and chat once in a while still, but I haven't seen her in years.

**Q: Since I am a paranormal investigator, I must ask you: Have you ever experienced anything paranormal?**

**Mr. Lobo:** A few times. When I worked at the Crest Theatre, I heard heavy film cans topple down the stairs that suddenly were back in place at the projection booth. The "ghost light" that we set out traditionally on the stage at night to appease the forces that be ... exploded before our eyes, sending glass everywhere.



In "Cinema Insomnia," a nationally syndicated television show, Mr. Lobo appears in brief vignettes in between segments of late-night movies.

When we filmed our *Haunted House Special* in Northern Virginia, the abandoned house had a history. An old woman who lived there had dementia and would wander into the fields. So, the neighbors locked her in and would check on her. The bedroom door had heavy locks on the outside, and you could see the claw marks on the inside from her fingernails. Sometimes you could hear the desperate clawing while we were filming.

We found props that we needed that just appeared inexplicably, including a board that was cut to the exact size we needed. We found trails of cut-out obituaries from the '50s that led to a scrapbook of them that no one could explain how it got there. My co-star, John, vowed never to return there. They have since torn the place down.

Things happen in our own home as well. It's like 200 years old ... voices and sounds and doors slamming and lights on and off. I think it's echoes from the past intruding on present time. I don't think we really understand time, space, and dimensions and how they interplay with each other. Our reality may be more of a liquid than a solid. I think one day the science will come out and phenomena will be accepted like changes in weather patterns.

**Q: What are your three top favorite horror movies?**

**Mr. Lobo:** Ugh! This goes against my philosophy, because on any given day I could say something different. But I do have a special affection for movies I have hosted on Cinema Insomnia.

*Plan 9 From Outer Space* — it was a thrill to be cast in the remake! I love campy horror, and I am a saint in the Church of Ed Wood. *Night of the Living Dead* — it chilled and thrilled me as a kid to see Bob Wilkins host it on *Creature Features*, and it was a treat to host it as my first syndicated episode! *Brain That Wouldn't Die* — low budget, sleazy American Frankenstein story with “Lovecraftian” overtones. When I watch it, I am hypnotized, and it feels like its 3 in the morning. I like that feeling!

**Q: What are your three top science-fiction movies?**

**Mr. Lobo:** As a kid, I loved the *Star Wars* movies, but I am holding them exempt as they are really fantasy effects films and not sci-fi. I have hosted at Blobfest for many years, and I love *The Blob* — we reenact the scene where we run out of the theater to escape the molten monster.

I also love *Forbidden Planet*, which I have hosted live many times. *Robby the Robot* is the screen's most amazing mechanical man. And hosting the Future Noir event reminds me how much I love the artsy dystopia of *Blade Runner*.

**Q: What are your three most favorite TV shows?**

**Mr. Lobo:** I think the three shows that have affected my style the most on *Cinema Insomnia* are *The Twilight Zone*, *Monty Python's Flying Circus*, and the original *Creature Features* with Bob Wilkins.

**Q: If you could hang out with a superhero, what superhero would you be hanging out with?**

**Mr. Lobo:** Spiderman and Batman were favs as a kid. But I'd love to hang with The Phantom Stranger. Love that turtleneck and medallion! So groovy! Mod and mysterious! I'd love to play him in a movie. Casting directors are you listening?

**Q: Do you have anything exciting to promote to your fans?**

**Mr. Lobo:** So many things! We have 14 of our two-hour+ *Mr. Lobo Cinema Insomnia* episodes on Alpha Video that you can order on Amazon or Oldies.com. *Bob Wilkins Halloween Special*, *Night of the Living Dead*, *Carnival of Souls*, *Screaming Skull*, *Eegah!*, *Dick Tracy Meets Gruesome*, *Atomic Brain*, *Voyage to the Prehistoric Planet*, *Wasp Woman*, *Santa Claus Conquers the*

*Martians*, *House on Haunted Hill*, *Monster From a Prehistoric Planet*, *Teenagers From Space*, and *The Haunted House Special* all have new releases and matching posters.

Retailers can get them through MVD, or you can get them direct from me if you want them signed on eBay. We have 15 episodes on Amazon Prime U.K. and three episodes, including the *Bob Wilkins Halloween Special* on Amazon Prime in the U.S. Also, I have my own streaming channel OSI 74 for ROKU. We have Mr. Lobo Noddy Nogginz bobble head from Phoenix Comics and Toys! Two card games. We are crowdfunding for our 19th season of shows on Patreon, and I've started pre-production on a Mr. Lobo movie. Always more stuff happening! Maybe we'll even do another comic book!



**Mr. Lobo has published many humor zines and underground comics.**

**Q: Any final words, before we close this interview?**

**Mr. Lobo:** Movies, like any art form, can provide an escape and an opportunity to explore and reflect in the safety and comfort of our homes when the world seems to have gone mad. My Mentor Bob Wilkins used to say “Watch Horror Films — Keep America Strong” on *Creature Features*.

On *Cinema Insomnia*, I have my own catch phrase: “They’re Not Bad Movies — Just Misunderstood!” Mr. Lobo hopes to bump into all of you in the dark soon, and bring the popcorn!

\* \* \* \* \*

To learn more about Mr. Lobo, visit [cinemainsomnia.com](http://cinemainsomnia.com), [osi74.com](http://osi74.com), [twitter.com/MisterLobo](https://twitter.com/MisterLobo), [facebook.com/cinemainsomnia](https://facebook.com/cinemainsomnia), and [youtube.com/c/CinemaInsomnia](https://youtube.com/c/CinemaInsomnia). ♦





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# ANOMALISTIC PSYCHOLOGY:

## Can it Help Explain ESP?

### Professor Chris French Weighs in

By Maria Anna van Driel, The Next Truth

**H**ow is it that a supercomputer we call our brain could extend outside the realm of classical reality, gaining precognitive information and altering it mathematically in an understandable concept for us to form a 3D image containing density?

Could the human brain act like radar, sweeping the local area and creating a quantum bridge between known spatial geometry and the unknown?

Professor Chris French has spent more than three decades researching this question, and many others. He is a professor emeritus of the Department of Psychology at Goldsmiths, University of London and head of the Anomalistic Psychology Research Unit. He is a fellow of the British Psychological Society and of the Committee for Skeptical Inquiry, as well as a member of the Scientific and Professional Advisory Board of the British False Memory Society.

Chris frequently appears on TV, radio, and in the press to assess paranormal and related claims. In addition to many media appearances, he was the skeptical expert on several TV programs, including *Haunted Homes*, *Britain's Psychic Challenge*, *Angels*, and *Unexplained: Caught on Camera*.

What is anomalistic psychology and how does it allow us to assess the unexplained?

\* \* \* \* \*

**Q: Professor French, for those people who are not that familiar with your background, can you tell us a little about yourself?**

**Prof. French:** I retired from Goldsmiths fairly recently, having worked there for 35 years. As a young man, I believed in lots of paranormal stuff. While I was doing my Ph.D. at Leicester University, I even gave a talk to an adult education class at a local college from a totally uncritical, pro-paranor-



**Professor Chris French is the founder of Greenwich Skeptics in the Pub. (Photo: londonmet.ac.uk)**

mal perspective. It was not long after that that I read a book called *Parapsychology: Science or Magic?* by psychologist James Alcock. This was the first informed skeptical book on the paranormal that I had ever read, and I found the explanations and arguments in the book very convincing.

I began to read more skeptical literature and started going to skeptics' conferences and so on. What started off as a hobby gradually became something more. When I first started at Goldsmiths in 1985, I gave a two-hour lecture on parapsychology as part of our BSc program. But









**Professor French is also a member of the Scientific and Professional Advisory Board of the British False Memory Society.**

a decade later, I put on a whole 22-hour optional module on the subject for final-year students. The course was popular with the students, whether skeptics or believers. I also started publishing academic papers in this area, and things just grew from there.

**Q: What is anomalistic psychology, and how does this differ from ordinary psychology?**

**Prof. French:** Anomalistic psychology is a subdiscipline within general psychology. Some subdisciplines within psychology are characterized by the type of explanation they specialize in. For example, neuropsychology offers explanations at the level of brain functions whereas cognitive psychology provides explanations at the level of information processing.

Other subdisciplines are characterized by type of phenomena that they focus on. Thus, forensic psychologists apply psychological insights to the world of criminal behavior. Anomalistic psychology primarily focuses upon trying to develop and, where possible, put to the test non-paranormal explanations for ostensibly paranormal experiences.

**Q: What is considered the psychology of the paranormal?**

**Prof. French:** Depending upon your perspective, the answer to that question could be either anomalistic psy-

chology or parapsychology. Those who adopt the label “anomalistic psychologist” tend to be more skeptical in their approach.

Parapsychologists tend to focus upon attempting to find evidence for postulated genuinely paranormal phenomena, such as telepathy and psychokinesis. In practice, there are no clear dividing lines between anomalistic psychology and parapsychology.

**Q: What influenced you to step into the science of anomalistic psychology?**

**Prof. French:** The paranormal has always been something that fascinated me, initially as a believer but then as a skeptic. There is no denying that a very large proportion of the world’s population believe in the paranormal and a sizable minority claim to have had direct personal experience of it.

If paranormal phenomena are real, conventional scientists should study them and try to understand them just as they would any other aspect of the natural world. On the other hand, if, as I now believe, such phenomena are best explained in purely psychological terms, we can learn a lot about the human mind by understanding them. Either way, it makes sense to take them seriously.

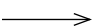
**Q: In the 1970s, you played with Ouija boards. What happened in Austria?**

**Prof. French:** When I was a student, my housemates and I would often play around with a homemade Ouija board after we got back from an evening at the pub. We did it for entertainment purposes only, and none of us took it too seriously. A year after I graduated, I went on holiday to Austria with the same crowd, and one evening we decided to have a Ouija session.

Not much was happening, and we were about to give up when the upturned wineglass, which we were all touching lightly with one finger, spelt out the word “JEW.” This was a bit weird, but the next word it spelt out really freaked us out: “AUSCHWITZ.” At that moment, tears ran down the cheek of Andy, the chap who had been asking the “spirits” questions, although he denied feeling any emotion at the time.

We were all pretty disturbed by this, so we called the session to a halt. At least, that is how I remembered it. More recently, I was asked by Karen Stollznow to contribute to a book she was editing. She wanted various skeptics to describe weird experiences they personally had had and how they had made sense of them. I decided to write up this episode from Austria.

However, as a psychologist, I was very aware of how inaccurate memory can be, so I sent my account to several of the friends who were there on the evening to see if they agreed







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BY THE LINEUP

with my version of events. This revealed several discrepancies between the various memories of what had taken place.

Perhaps most notable of all, Andy agreed pretty much fully with my account — except he did not remember the tears. Other friends did recall tears running down Andy's cheeks, but they thought it had happened on another occasion, not when we were in Austria!

**Q: Do you think that the different memories you and the group had from that event is caused by a true paranormal/spiritual force? Or, is it downright the Mandela Effect?**

**Prof. French:** No, I do not think anything paranormal was involved. I suspect that I was probably not even present when tears ran down Andy's cheek, but that I had been told about the incident sometime after it occurred. I had imagined what it must have looked like and subsequently recalled this imagining. In other words, I suspect it was a false memory on my part.

We know from controlled experimental studies that getting people to imagine events that never actually occurred can lead to the formation of false memories for those events. As for the movement of the glass during our Ouija sessions, that is best explained in terms of the so-called ideomotor effect. Those taking part were actually pushing the glass around but were not consciously aware of doing so. The same effect accounts for the movement of dowsing rods.

**Q: What is the reality of an anomalous experience, and what is causing such an event?**

**Prof. French:** There is no one single explanation for all anomalous experiences. However, I believe that plausible non-paranormal explanations do exist for a very wide range of ostensibly paranormal experiences, including ghostly encounters, alien abduction, past-life memories, out-of-body and near-death experiences, and so on.

I present such explanations and the evidence supporting them in detail in my textbook, co-authored with Anna Stone, *Anomalistic Psychology: Exploring Paranormal Belief and Experience*, as well as in my forthcoming popular science book, *The Science of Weird Sh\*t*.

**Q: Why do you think that people claim to possess PSI abilities?**

**Prof. French:** The explanation will vary depending upon which particular psychic ability we are talking about. But I suspect the best explanation is that we often misinterpret certain situations as only being explicable in paranormal

terms when in fact psychological factors provide a better explanation. To give but one example, our poor intuitive understanding of probabilities may lead someone to conclude that they had a precognitive dream because the events in their dream bore an unlikely resemblance to events that took place sometime later in real life.

But when you bear in mind that there are 8 billion people on the planet, each one dreaming every night, you realize that the really spooky thing would be if no one ever experienced such a coincidence!

**Q: Do you think any paranormal phenomena can't be explained by psychology.**

**Prof. French:** I believe that there are plausible psychological explanations for all allegedly paranormal phenomena. That does not mean that those explanations are always the correct explanations, of course.

But, I personally will favor such non-paranormal explanations until irrefutable evidence is presented that one or more of these phenomena really cannot be explained in terms of accepted conventional scientific concepts.

**Q: What is the importance of anomalistic psychology? How can we benefit from your research?**

**Prof. French:** Ostensibly paranormal experiences are an important part of what it means to be human. As psychologists, we should therefore try to understand them as we would any other part of the human experience.

**Q: Do you have any additional advice you can give for aspiring psychologists and neuroscientists who want to unravel the mysteries of the human brain and how we perceive reality?**

**Prof. French:** First, whenever you can, follow your own interests and passions. I regret not devoting my time solely to anomalistic psychology much earlier than I did. I was put off from doing so by people around me who did not see it as being a respectable area of study — and I now wish I had not listened to those people.

Secondly, always be prepared to change your mind if new evidence comes along suggesting your current theories are misguided. There is absolutely no shame in doing so. In fact, that is the only way science progresses.

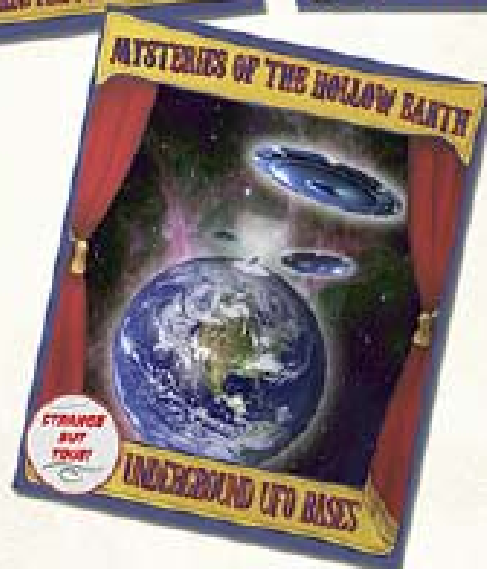
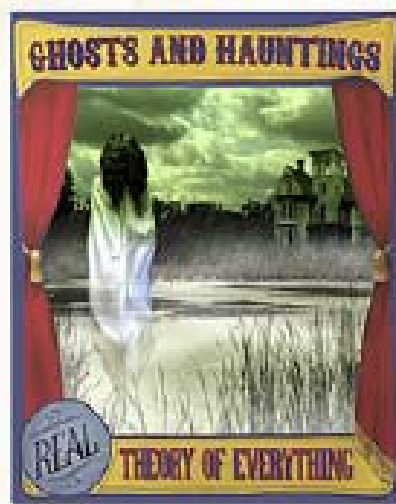
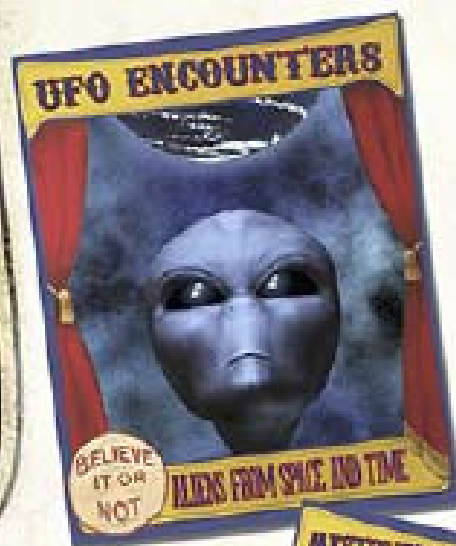
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To learn more about Professor Chris French and his work, visit [profchrisfrench.com](http://profchrisfrench.com) and [twitter.com/chriscfrench](https://twitter.com/chriscfrench). ♦



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# DOES DEATH SCARE YOU?

By Bob Fountain, Spectral Tech



*Getty Images*

**Y**ou just found out only moments ago that you have an incurable disease. Death is no longer a concept of something that happens to someone else. This is now your new short-term reality.

Many things will run through your mind. How long do you have? Do you have time to handle your financial affairs? Is there time to say goodbye to loved ones? These, and many other questions will run through your mind.

After you have processed the realization that your stay in the physical world is coming to an end, you may begin to focus on death itself, and the possibility of an afterlife.

Many people will turn to their religious beliefs for comfort. Depending on the dogma your particular religion adheres to, you will either have an inner peace or be terrified of the unknown that is beyond death. If you are an atheist, these questions don't really matter.

A question that is interesting to explore is if your involvement in paranormal investigations and/or research affects your view of death more than your religious beliefs.

Being an ordained metaphysical minister, a paranormal investigator, and being told my material time was running out, I have reviewed this question with some interest.

## Religion

Most children have a view of religion, death, and the afterlife that they have learned from their parents. Be it Atheism, Buddhism, Christianity, Hinduism, Judaism, or Islam, you are brought up believing whatever religion you are exposed to, and its belief system, without question.

I went to a Lutheran church school through the sixth, seventh, and eighth grades. Like other religious-oriented schools, their particular dogma was heavily taught and encouraged, and not attending church was almost considered a sin. There were a few who were content and comforted by these particular teachings and belong to the same church to this day. Good for them. They have found their way to God.

As I grew older, I had a tendency to question what I





Getty Images

considered glaring inconsistencies in these teachings. When confronting our minister with in-depth spiritual questions, I was simply told that you must have faith and that was the end of discussion. My Catholic and Jewish friends, and one Muslim friend, stated that they often got the same responses from their respected clergy. This could leave a hole in your beliefs, and if the hole eventually gets big enough, you might either go through the motions of what your religion requires of you or quit the church entirely.

Fortunately, our church's new minister was very enlightened in his views and told us kids that we were there because of our parent's beliefs, not ours, and there was absolutely nothing wrong with looking at other belief systems to find the path that would take us to God. He said God would not allow these other beliefs to exist if they didn't give some people a path to the Creator. He said we needed to look into our hearts, and God and the angels would make it clear as to what was right for us.

This did not sit well with the congregation, and he was not our minister for very long. There happens to be rules in most religious organizations that can involve severe punishments if you stray from the flock — from shunning to death. The price you might pay for questioning your faith to others can be high. This may be why many of the spiritual entities I have encountered have not crossed over and are earthbound. They are afraid of being judged by an angry God because they violated some rule their particular religion said was important (at least for them).

The "get out of jail free card" the minister gave me started a lifelong quest to study other religious and belief systems. As a result, many of those holes I had growing up were filled as my spiritual journey went from the study of

religions, to the world of the paranormal, to becoming a metaphysical minister.

### **The Paranormal**

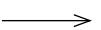
For most, being a paranormal investigator or researcher permanently alters the view of reality. Actively searching for communication with unseen entities and getting responses through EVPs, K-II Meters, or other communication devices, makes you seriously consider that there is a non-physical realm where the conscious energies of deceased people inhabit. Whether it is exclusively populated by the energies of deceased people remains to be seen.

There are theories that non-human entities also share this unseen realm, such as demons or shadow people, but for the most part, we see entities that just want our attention. It should be noted that there is something called the Law of Attraction, and if you are actively seeking negative entities or demons, you are most likely going to encounter them, which I would highly recommend not to do.

The point of this is that we collect data that verifies there is an afterlife. Is it Heaven, is it one of many levels of energy, and do you stay where you are for eternity or move to a higher spiritual level? Or do you come back to the material world through reincarnation? These are the questions we strive to learn.

### **Reincarnation**

There are volumes of books covering the topic of reincarnation. Children telling their parents that they were someone else before they were born and then verifying that what they said is true is not uncommon. This would



indicate that the individual's soul and memories don't simply evaporate or cease to exist, but remain whole and have the ability to choose another material life to live for whatever reason that soul felt the need to relive.

Previous lives and talents are mostly buried in the subconscious, and they can only be retrieved through hypnosis or some trauma. Sometimes these talents bleed through in the form of child prodigies or are remembered at a very young age.

When my youngest daughter used to be a toddler, she was terrified of open flames. A campfire, or even a lighter, would send her screaming and running to her room. As soon as she was able to put sentences together, she would stare at us and finally say that we were not her real parents and that she died in a fire.

If we drove past a house that had burned down, she would get agitated and say it was like the house she died in. She kept this up for close to a year. My wife was really creeped out about this, so we never pushed her for more information. I told my wife that these memories were most likely from her past life and would go away over time. By the time she was six, she had no memories of a past life.

If you ask a very young child who they were before who they are now, you might get an answer that may surprise you.

### Karma and Soul Contracts

An overlooked topic that goes hand-in-hand with reincarnation is karma and soul contracts.

Karma is generally viewed as a reaction to balance out someone's action in this life, be it physical, mental, or spiritual, often in the next life. For example, if you murder someone in this life, the victim would be able to kill you in the next life without any repercussions because they were simply balancing the karma.

Karma is often viewed in a negative light, and people are quick to judge something they believe will bring bad karma. In looking at karma in this light, it doesn't seem like it's a way to spiritually evolve. Some earthbound spirits might be a result of their belief of bad karma and that they will be punished, so they decide to remain earthbound.

If you take a deeper look into this concept, karma can be far more complex than the old saying, "You reap what you sow." Sometimes something that happens to you has nothing to do with balancing your karma. Something bad (or good) may have been a lesson you agreed to before you reincarnated to the material world. If it is a lesson that involves a negative action by another person, would you feel their karma should be negatively affected by agreeing to this particular lesson?

*Other souls in your soul group volunteer to interact with your new life.*

Soul contracts is a concept that believes you spend your time between mortal lives planning what the next life is meant to accomplish. Since you cannot learn these lessons alone, other souls in your soul group volunteer to interact with your new life at certain points to help you learn these lessons. Be it a wife, a family member, or just someone who touches your life and is gone after their obligation to the contract has been completed. Conversely, a member of your soul group gets to help another soul learn some lesson they wanted to learn.

Now viewing the murder cited in the example above, will the murderer draw "bad karma" for killing you, or will they be rewarded for helping you with a lesson or experience you wanted to help you spiritually evolve? You could have been the one who volunteered to be murdered to teach the murderer a lesson.

It is not our place to judge others or their lot in life. Your judgments will come back to haunt you. "Judge not, and you shall not be judged" (Luke 6:37) comes to mind. We are all here learning or teaching lessons. The point being that we have no idea what plan our souls and creator have agreed to. The only way we are going to find out if we served this life well is to return to our eternal home and see how we did.

### So, Does Death Scare You?

It shouldn't. As paranormal investigators, we are more aware of unseen worlds, worlds that most people have no idea exist.

We once had a client that listened to EVPs we captured during an investigation. During the investigation, the client was using a digital recorder to ask if his father, who had died the year before, was there. The voice on the recorder was of a man clearly saying, "Can you hear me?"

The client got emotional saying the voice was his dad's. After two other people verified that it was the dad's voice, the client got teary eyed and said, "My dad is OK. You don't have any idea what this does for me." I mentioned that I knew they were religious and that they constantly heard that the soul was immortal at church. All we did was provide some proof that what they were saying was true.

Our investigations into the paranormal does not run counter to most religious beliefs. It actually supports many of those beliefs by going one step beyond the "You must have faith" platitude, providing strong proof that the soul is truly immortal. Where we go and what we do is a new adventure we all take.

Death should not be feared. It's a chance to reconnect with friends and loved ones that went "home" before you. ♦





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# SCOTLAND'S DOG SUICIDE BRIDGE

BY EMMA DUNLOP-WALTERS, ALL THINGS PARANORMAL



*Allan Ogg / Wikimedia*

**O**vertoun Bridge in West Dunbartonshire, Scotland, was built to connect a mansion in Dumbarton to the village. If it weren't for mysterious incidents over the years, most of us wouldn't even know the bridge existed.

This Gothic stone bridge has attracted paranormal investigators and those of a curious nature for one peculiar reason. Since the 1960s, multiple dogs have been jumping from the bridge for no known reason.

More than 50 of these dogs have died from their injuries, which has resulted in the bridge being given the nickname "Dog Suicide Bridge."

## **Is the Lady in White Causing Dogs to Jump?**

One theory behind the unusual deaths is that the spirit of the "White Lady of Overtoun" is affecting the dogs and causing them to jump. The White Lady is the

widow of John White, the ex-owner of the mansion and surrounding estate.

The White Lady has been seen in the windows of the estate. And legend says that she was a troubled lady in life, who now lures the dogs over the edge of the bridge.

The local people have associated the bridge with the paranormal for a long time, with many residents saying that the bridge has a strange feeling to it.

Many dog owners have reported that their dogs walk along the bridge and then suddenly freeze and stare at something unseen by humans. Some of these dogs then bolt toward the bridge wall and jump.

The suspicious deaths of dogs are not the only tragedy to happen at the bridge. In 1994, a man threw his baby from the bridge because he believed he was the anti-Christ. Some people say that the dogs jump from the same spot where the man threw the baby.





*Dave Souza / Wikimedia*

### The Search for Answers Continues

Experts from animal charities have visited the bridge, desperately trying to find an earthly cause to prevent more deaths. And, over the years, many theories have been put forward, including that the design of the bridge, from the dog's perspective, doesn't look like there is a drop.

This theory holds water, until you hear that some of the dogs who survived the fall then climbed back to the top and jumped again.

Dr. David Sands, an expert in animal behavior, has suggested that there could be mink in the area below the bridge. He believes that the scent of the mink is upsetting the dogs and causing them to jump. While this theory is plausible, it doesn't answer the question of why this doesn't happen at other bridges in the area that also have mink?

### Dogs Aren't Suicidal

Dr. Sands confirmed that dogs do not experience suicidal feelings as humans do, so the act of jumping is not because they want to end their life.

One local dog owner reported that something came over her dog, Bonnie, before she leapt off the bridge. She said the dog froze and then acted like she was possessed, before leaping over the bridge wall.

The Overtoun Bridge leaves us with a lot of unanswered questions. Why are dogs jumping off the bridge, and why is it only dogs and not other animals?

We might never get the answers to these questions, and the only thing we can do is ensure that dogs crossing the bridge are on a secure lead. ♦



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# UFO INCIDENT OF JULY 12, 1981

## MYSTERIES OF THE MERSEY VALLEY REVISITED

By Mark Olly

In 1993, I bought a local history book entitled *Mysteries of the Mersey Valley* by Peter Hough and Jenny Randles, both of whom have spent a lifetime assembling stories of unsolved mysteries.

In my own lifetime I have had only a few brief encounters with UFOs, so you can imagine my surprise when I found a section in the book covering two eyewitness accounts of the beginning of a UFO event, the end of which I witnessed from an entirely different viewpoint but on the exact same date and at the exact same time some 12 years before the book was published!

The event in question begins with the primary details from the accounts that appear in the above-mentioned book as “The South Wirral Lights.”

The first account as given reads:

*“At about 2:30 a.m. on 12 July 1981, the crew of a Dan-Air cargo plane, inbound to Liverpool across Wirral, observed something odd. This was just after reporting in over the Point of Ayr Lighthouse on their way from Belfast.*

*“The light was described to us as like a huge white bulb, much brighter than another aircraft and closer to the ground. Although it was related immediately by radio to the air traffic control, who apparently had nothing else on radar at the time, and also to ground staff after touchdown, the crew chose not to make an official report.”*

The second account reads:

*“Nevertheless, the same phenomenon was independently reported to us by Keith Daniel and a friend, who could have no idea about the unpublished Dan-Air encounter. They were on Thurstaston*



Common just north of Heswall (on the Wirral), affording a splendid view westward. It was just after 2:00 a.m. on a night in July 1981. Investigation has since proved it to be the same date (i.e., the 12th).

*“They saw the yellow/white light hovering low over a factory with a red aircraft hazard light on top. As they discussed what it was, suspecting a helicopter, it changed to a dazzling blue/white and shot across the sky out of sight as fast as a bullet.”*





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### My Firsthand Account of the UFO Sighting

At this point, the third account, which is my own new account, picks up the story ...

I was 19 and had just finished working in a recording studio on a long music session, so I decided to drive up to Hill Cliffe, a local high spot hill and the only vantage point overlooking Warrington from which the entire Mersey Valley can be viewed from Liverpool to Manchester in both directions.

It was a dry, clear summer night, with a few clouds high in the sky punctuated by gaps showing stars. Standing in the lych-gate entrance to the cemetery on the hill, I could see the power station at Fiddler's Ferry belching out the usual clouds of steam from the cooling towers — then I noticed a white glow in the steam getting brighter.

Suddenly, through the steam, and very close to the upward mouth of a cooling tower, a flying craft of some kind came through the cloud plume with white, blue, and occasionally red spotlights shining ahead of it and down toward the ground, the lights moving constantly, casting beams, and changing between the three colors.

Two things immediately struck me as being very odd. First, the steam must have been at a density and temperature too dangerous to fly a helicopter through. And, then, the smooth mechanical movement of the lights, and sudden color changes, most resembled the smaller craft depicted in the recently released (at the time) *Close Encounters of the Third Kind* movie. Almost immediately, to me, this became a UFO event of some kind.

Moving at a slow but steady speed, and remaining slightly closer to the ground than the height of the cooling tower, the craft then appeared to follow the north bank of the River Mersey until it almost reached the A49 bridge at Bridge Foot, Warrington. Then, suddenly, all its lights went off in an instant, leaving only the visible side-on outline of a black shape against the light pollution from Warrington Town Centre, probably about the size of a small truck.

This shape paused for a second in mid-air, before shooting vertically upward at extremely high speed and out of sight into the night sky.

Given my own interest in mysteries, I kept a journal back then and put the time, date, and sufficient details to keep the incident clearly in memory. It was 2:34 a.m. when the event concluded early on the morning of Sunday, July 12, 1981. I drove home wondering what on earth I had just seen.

### Constructing a Full Account of the UFO Incident

So, bringing the facts together, a full account can now be reconstructed of the July 12, 1981, UFO sighting:

2-2:30 a.m.: Just after 2 a.m., a group of campers (including Keith Daniel) were looking west from Thurston Common, a high point on the Wirral, and noticed a yellow/white light hovering over a local factory, which had a red aircraft hazard light on top.

Given the distribution of buildings, flight paths, and the account by the Dan-Air cargo plane, the actual starting location is likely to be somewhere to the northwest over the outskirts of West Kirby, Liverpool.

2:30 a.m.: From the vantage point of the Dan-Air cargo plane looking down from above, they could see a white circular craft of some kind, clearly airborne and resembling an old style “bright light bulb” hovering stationary at a location somewhere between the

Point of Ayr and Liverpool Airport.

This indicates that the craft was most likely a circular disc when viewed from above and about the maximum thickness and diameter of a small truck, based on my Warrington sighting.

2:30-2:32 a.m.: The campers witness the object change color to a very bright blue/white before departing at high speed, almost certainly in an easterly direction (although not stated), crossing over southern parts of Birkenhead, Halewood, Widnes, and through the steam from Fiddler's Ferry Power Station (which is actually water vapor entering the tower at 40 degrees C and only a little cooler than steam rising from a kettle).

2:32-2:34 a.m.: The craft emerges from the steam and spends a few brief minutes over the unpopulated north bank of the River Mersey, still steadily heading east, until it turns its lights off and departs vertically at high speed in the area between Warrington Bank Quay and Bridge Foot. Drawn on a map, this gives a single, perfect 14-mile west-to-east line of travel over an approximate 10-minute time window from its first stationary appearance.

There are three independent sets of witnesses, who have never met, from three very different backgrounds and geographic viewpoints. The accounts have been given over a very long period of time to different investigators via different media and only now linked to form a full account of this amazing incident a staggering 41-plus years later.

Who were they? What were they looking for? Where did they go? Like so many similar events the world over, we may never know. This was my own physical introduction to the whole phenomena of UFOs, an interest that continues to this day. ♦

*The shape paused for  
a second in mid-air,  
before shooting  
vertically upward.*



Rick Hale

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# Encounters With HOUSE TROLLS

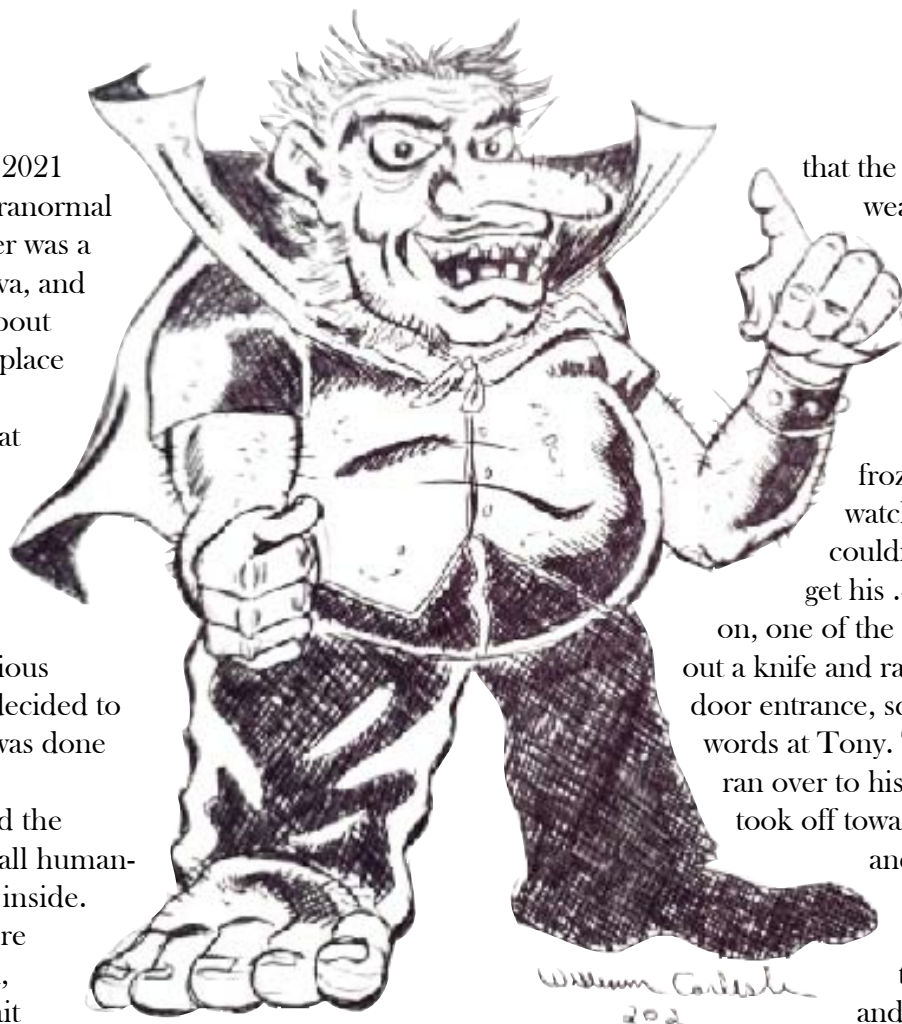
BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATION

I received a call in 2021 on our team's paranormal hotline. The caller was a man named Tony Alva, and he began to tell me about an incident that took place back in June 2002.

Tony was fishing at Lake Winnebago in Wisconsin. While fishing, he noticed an old, abandoned cabin off in the woods. Tony was curious about the cabin and decided to check it out after he was done fishing.

As he approached the cabin, he noticed small humanoids running around inside. Thinking his eyes were playing tricks on him, he told his kids to wait at the opposite hillside for him. He didn't want to take any chances in case they were wild animals. Tony felt safe, since he was carrying a .45.

When he got a clear view of the inside of the cabin, he saw three little troll creatures with hideous faces, long noses, snarly smiles, and strange little outfits. They stood about one foot tall. Tony told me that he had done some research and determined



that the creatures were wearing millstone collars and outfits that resembled something from the Renaissance period.

Tony said he was frozen in place as he watched the trolls. He couldn't even move to get his .45. As he looked on, one of the creatures pulled out a knife and ran to the broken door entrance, screaming garbled words at Tony. Tony immediately ran over to his kids, and they all took off toward their vehicle and left.

I asked Tony what he thought the creatures were, and he answered, "House trolls." He

said it was the only way he could describe them.

Since this incident happened back in 2002, I asked Tony why he was just now reporting the incident. He replied that his kids were watching *Box Trolls*, and it brought back memories of this incident. Tony still feels traumatized from the experience and has no desire of going back to Wisconsin.



Personally, I was glad to receive that call, because it was the fourth time I had heard from witnesses about “house trolls.” We once received a call from a house in Rocklin, California, that complained about troll creatures and another house in Rocklin that was haunted by the Menehune, which are sort of like trolls, but they originate from Hawaii.

### **Investigating House Trolls in Rocklin**

I previously investigated a location in Rocklin that involved “trolls.” Manny Rideout, who used to live in Rocklin, kept seeing black figures moving about in his house. He would be watching TV and see with his peripheral vision a black humanoid figure moving from the hallway across the kitchen floor,

which he could see from where he sat. He saw this many times over.

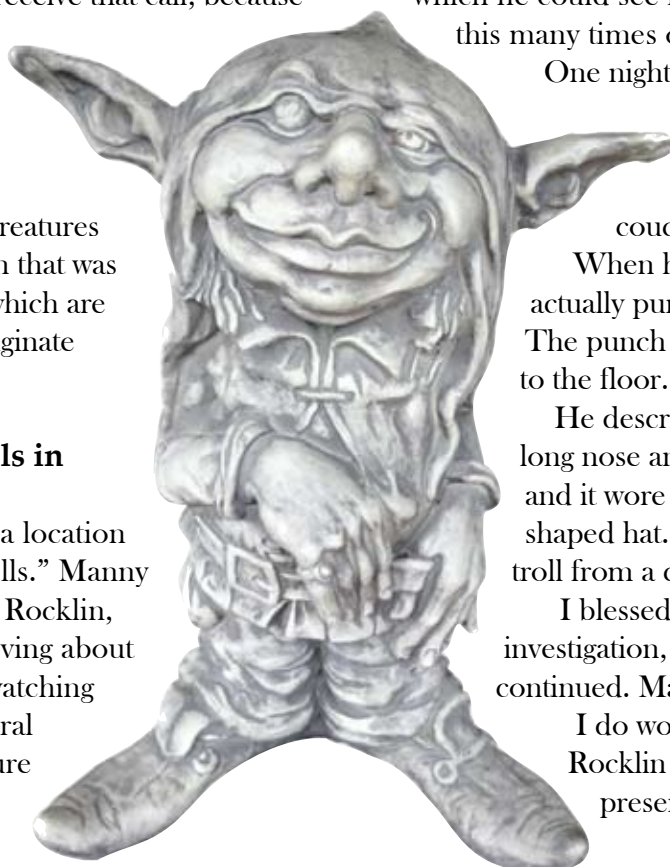
One night, he grabbed a hammer, and when he saw the black figure run across the kitchen floor, he got up from the couch and chased the creature.

When he approached it, he said it actually punched him in the stomach. The punch was so hard that Manny fell to the floor.

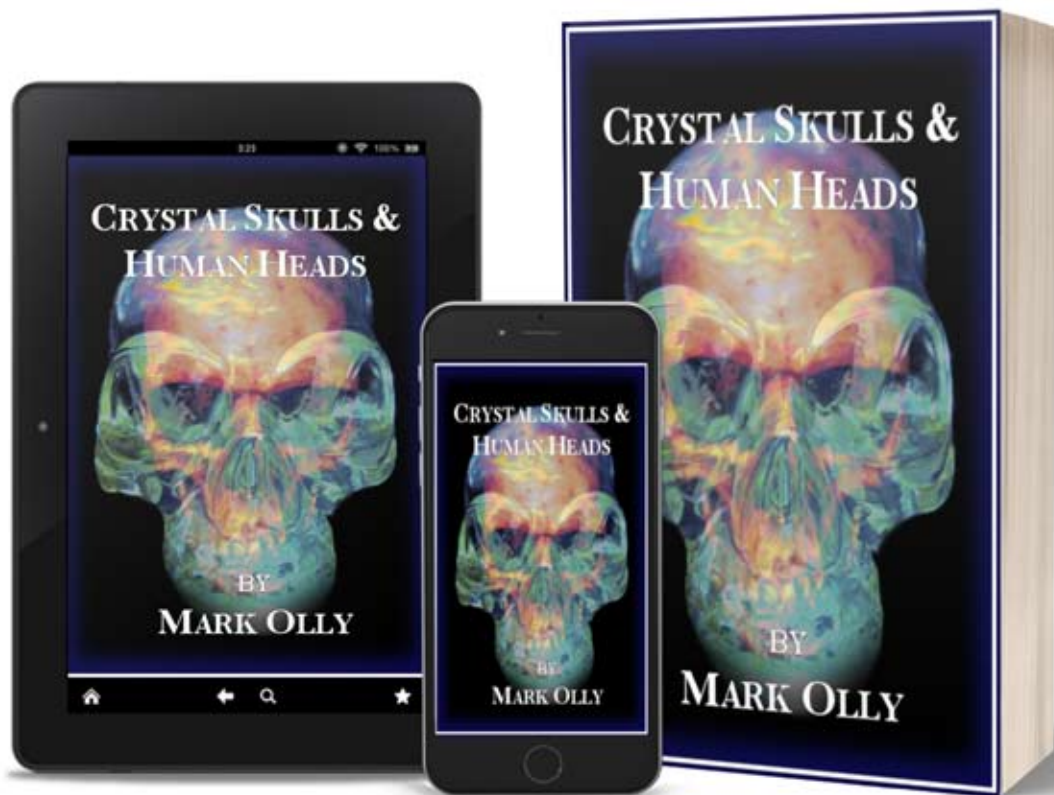
He described the creature as having a long nose and a very ugly, wrinkled face, and it wore funny clothes and an odd-shaped hat. Manny said it looked like a troll from a child’s book.

I blessed the home following the investigation, but the haunting of the troll continued. Manny eventually moved.

I do wonder if the rock quarries near Rocklin have anything to do with the presence of trolls. ♦



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# THE HAUNTED HOUSE ON TOWER STREET

By T Stokes, Holistic Palmist

Spirit mediums can be very good for helping the departed, but there are other categories of life that have never had a body. These can be very dangerous, and it takes special training to be rid of them.

Below is an email I had passed to me from the Spiritualist Association from a distraught single mother of four children.

*“Last night I came over all anxious and foreboding. I thought it was for my son, who was getting ready to go out to meet a mate. It was 11:30 p.m. Then at midnight when Lucy texted me, Elle, her five-year-old had been awoken by a ghost or vision of an old man who terrified her. And she went running into her mum’s, Lucy’s bed. This happened the exact time I had the feeling in my heart, which was racing, and I felt sick inside for a good 20 mins.*

*“Well, five or 10 mins after Ella had told her mum why she was screaming, the coat rack that stands in the hall by the door was flung across the room and the legs broken — the coats going everywhere, and no one was there. The children have seen the ghost of the old man before and are very afraid.*

*“Lucy went back to her room to text me. Then her dog started going crazy, barking but not going near the door. It disturbed Bailey. With his autism, he hid under the table very scared, which is his usual defense stance even when at school.*

*“Things are moved about daily, and at times we see things floating in the air. Is there anything you can advise to help them?”*

I told the mom of four to be as calm as she could, put down some salt, and brush the doorways with burning sage. I also advised that she cleanse the area, light a white candle, and ask for her spirit guide or angels to help keep them safe.

I told her I would visit the next day. When I arrived, I meditated and felt that a great tragedy happened in the house or on the ground underneath it. I had a feeling of



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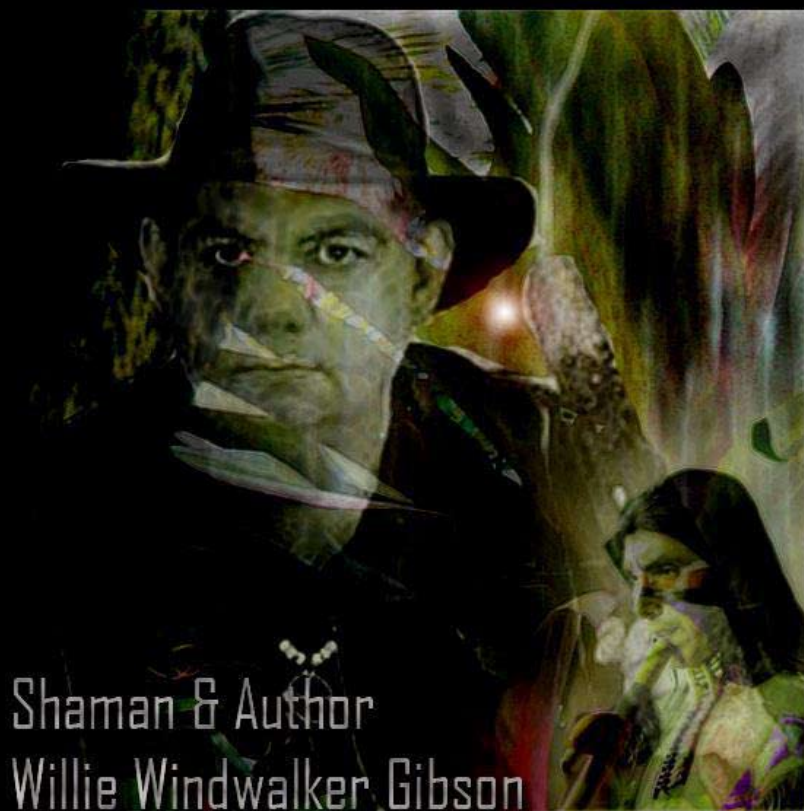
urgency, because these things often have the capacity to get much worse.

The spirit of the old man Elle had seen came through immediately. He explained this was his house and asked why these people were in his house. I told him he was dead and to go to God’s anointed place. I told him he needed to stop scaring the children. Note: Young children, especially at puberty, give off certain vibes that attract spirits. The spirits use that energy to manifest in the physical world.

Once we had evicted the old man’s spirit, we had to make sure he could not come back. So, we blessed the doors, windows, and chimney with holy water infused with salt *asafoetida* grass and ground amethyst.

Luckily, calm and quiet had been restored, but the terror on the children’s faces will live with me a long time. ♦





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# SHADOW PEOPLE TERRORIZE FAMILY IN GALT

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATION



*Getty Images*

**W**hat is it with Galt, California? In 2012, we investigated a home in Galt that was haunted by ghosts, and it was also haunted by the Greys!

The owner of the home claimed that he had various spirits in his home, including a ghostly cowboy. He also stated that there was UFO activity near his home and at times he would see little grey aliens hiding around his bushes, watching his family. He even sent me photos of what he claimed to be UFOs that were hovering around his home.

During HPI's investigation of this home, I did manage to capture a picture of a ghostly cowboy on a spirit horse. That photo was published by Biography Channel's *My Ghost Story*.

## **Shadow Man in the Bushes**

Now, back to the present time. Date: 7/10/2022. The paranormal hotline was ringing. A family in Galt needed help. The caller revealed that he had recently been terrorized by shadow people. During the dusk hours, almost on a regular basis, he would see glimpses of shadowy people

walking around his backyard. He would run into the backyard with a baseball bat, but there would be no one there.

The man thought he might be losing his mind. Then one night, while washing dishes and looking out of his kitchen window, he saw shadowy people hiding behind his bushes. At first, he thought they were real people. So, he ran out to his front yard brandishing a gun and yelling, "Get out of here or you're dead meat!" As he checked behind the bushes, there was nothing there. The whole front yard was clear of any people.

At that point, he began to seriously doubt himself and thought he may have been seeing things. So, he went back to washing dishes. But, to his shock and dismay, a very dark head slowly rose up next to the window. He could not see any eyes, mouth, or nose, just a dark black human-shaped head with a neck and shoulders.

At this point, he froze as he was face-to-face with shadow creature. The man screamed, and his wife ran to his side. But the shadow person was gone.

I asked him why was he so scared when he had a



gun on hand. He said that he instantly knew that his gun would not work and that he was facing something paranormal.

The man's wife told me that she also encountered shadow people in the home. She saw a tall shadow man with a hoodie moving along the sidewalk in the front yard as if he were sliding down railroad tracks. The shadow person wore a hoodie, was looking down, and never looked up.

Another time, the wife saw a shadow man hiding in her bathroom. He was wearing a fedora hat and holding a shadowy black cat. She said that she felt her life was in danger after that incident.

It was after these encounters that the couple contacted us to do an emergency cleansing. The husband and wife asked if we could keep this investigation confidential, and they also did not want an investigation. They said that they know what they saw, and they only wanted a cleansing.

### **The Investigation**

Our team's psychic medium, Deanna Jaxine Stinson, and I took off to Galt. When Deanna entered the home, she was able to see the shadow people. Deanna counted

seven shadow people and felt like they originated from a close family member.

As Deanna concentrated on the shadow people, she determined that they originated from a portal that was opened up by a close relative of the wife. The wife stated that at some point of time, her sister stayed over for a few days. She was from Portland, Oregon, and was visiting relatives

in Galt and Lodi. The sister would at times dabble with a Ouija board, and she was in possession of her board when she came to visit.

Deanna and I immediately said some prayers. After the prayers, Deanna used two smudging wands. The first wand was made from eucalyptus. The second wand consisted of rue, oregano, rosemary, and thyme. All of these herbs are able to ward off evil. After Deanna finished her cleansing, I conducted a Roman Catholic house blessing using holy water.

After the cleansing, the atmosphere in the home felt light. Deanna and I also did a cleansing in the front yard and back yard.

The next night, the clients called us to say they were thrilled. They no longer felt or saw the shadow people in their home, and everything was peaceful again. ♦

***The shadow people  
originated from a portal  
that had been opened.***



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# Women, Rage & Spiritual Bypassing

By Karen Frazier, [AuthorKarenFrazier.com](http://AuthorKarenFrazier.com)

Last night, I dreamed about a skunk. Now, that might not seem so unusual to people who know that we have a cute skunk that frequents our backyard and (thankfully) doesn't stink up the joint because we leave it alone and watch from a respectful distance as it does its thing.

In dream interpretation, however, when a skunk appears in a dream, it's often a sign of repressed anger. It's a reminder that you can't stuff your anger and must release it in order to sustain physical, mental, emotional, and spiritual health. Point taken, skunk.

And it's true. Recently, I've been feeling massive amounts of anger in response to all that's happening in the world. And I suspect many others have as well. But it has felt like so much, so frequent, and, at times, so overpowering that I feel like if I give into it, it might just consume me. And if I am consumed by anger, how can I go about my work as a spiritual practitioner?

I am a woman of a certain age. I carry a lot of conditioning surrounding the topic of being a woman and having/feeling/expressing anger. Mostly that I shouldn't, that it's unattractive, that it's not spiritual, and that it's unlikable.

I also carry the spiritual DNA from past lives as women and other people who were far more oppressed than women today (we all do), and so I have many unconscious scripts that tell me my anger is inappropriate and dangerous.

Many women have received these messages and this conditioning throughout their lives. Suppress your own negative emotions for the greater good. Be a perfect example of womanhood (whatever the bleep THAT is). Use a calm, kind, and measured tone. If you feel anger, take a breath and wait for it to go away.



While I can't know for sure (I can only truly understand my own embodied experience in this lifetime), I imagine it's exponentially more difficult and overpowering for Black, Indigenous, and People of Color (BIPOC) women, who battle stereotypes entrenched in both racism and sexism, as well as all BIPOC people and other oppressed, marginalized, or othered individuals.

## Is it OK to Be Angry?

I've certainly had a lot of reason to be angry throughout this lifetime. I've been on the receiving end of bullying, physical and emotional abuse, sexual assault, sexual harassment, narcissism, chronic pain and illness, infidelity, misogyny, and all of the other things that often happen to women on the human journey. Those are the types of things that can really piss somebody off, and with good





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reason. But because of cultural messages surrounding women and anger, we're also left with emotions we don't know what to do with since we've been conditioned all our lives (and across many lifetimes) that it's unseemly for women to be angry.

And so what do we do? We suppress the rage. We develop defense mechanisms to help us cope with that repressed anger simmering just below the surface. For instance, one of my defense mechanisms has historically been humor. For a while there, the funnier I got, the more pissed off I probably was.

I remember the first time somebody told me it was OK to be angry. I was in the midst of a contentious divorce, and I was talking to someone on the phone. I can't remember my exact words, but the essence was, "I am so angry about this, but I know I shouldn't be. I'm a spiritual person. I should be better than that."

The person I was talking to interrupted and said quite forcefully, "Karen, where did you get the idea it isn't OK to be angry? Of course, you can be angry." I was stunned. It had never even occurred to me that maybe my anger was OK.

That was several years ago, and I've had a lot of time to understand what led me to that place, what I was doing, and why I was doing it. I was using what I've come to realize is my other defense mechanism, spiritual bypassing.

## What Is Spiritual Bypassing?

Spiritual bypassing is an unhealthy coping mechanism in which we use spiritual practices or beliefs to suppress negative emotions instead of allowing healthy expression. When we fail to allow ourselves to experience negative emotions like anger, we don't move through them and release them. Instead, we repress the anger, turn it back on ourselves, and bury it deep inside where it develops dense, sticky, low-vibrational energy that can negatively affect our physical, mental, emotional, and spiritual health.

Spiritual bypassing is common in people of various spiritual practices and, especially, women. And it can block our growth, keep us from our true paths, and make us mentally, physically, or emotionally sick.

The term spiritual bypassing was actually coined by transpersonal psychologist John Welwood, who wrote the book *Toward a Psychology of Awakening*. Welwood's definition of spiritual bypassing is, spiritual ideas/practices used to sidestep emotional "unfinished business."

I see spiritual bypassing a lot, and I even engage in some myself when I feel like I just can't cope. And I do it even though I know it is unhealthy, energetically damaging, and keeps me from stepping into my true purpose to raise the vibration of the planet. It's something I continuously try to be cognizant of in my own life so I can catch

*Where did you get  
the idea that it isn't  
OK to be angry?*

myself as close as I can to the moment when I begin spiritual bypassing.

Once I recognize I'm doing it (and sometimes it takes a while), I go someplace safe so I can sit with my rage or whatever negative emotion I'm trying to spiritually bypass, and I jump in headfirst. It's often painful and scary, and it frequently involves an ugly cry (I did one today before I started writing this post). But after a while, it's also incredibly beautiful. Why? Because in the moments where I allow myself to move into my deepest pain and rage, it begins to move through me and flow out of me until I am cleansed. And after the darkness, even the faintest glimmer of Light is breathtaking.

Often, it takes a lot more than a few minutes and an ugly cry.

Sometimes, it comes in waves, occurring across days, weeks, or even longer. But as it flows from me, it leaves space that I can fill up with something that isn't dark, painful, or scary. I experience the rage so I can release it and step into Love.

And once I have stepped into Love, I can begin to come up with meaningful ideas and solutions that come from a place of empowerment and compassion instead of anger-fueled actions that may cause significant damage to others (and myself) and create a downward energetic spiral fueled by anger, pain, fear, and retribution.

Spiritual bypassing is disempowering and lowers vibration. Moving through the emotions instead of suppressing them empowers and raises vibration. Which brings me to now.

### **Experiencing Rage, Sitting With It, and Releasing It**

I don't know about you, but it feels like we've been in a period where we've had the opportunity to experience rage and practice sitting with it and releasing it over and over again. Usually daily, sometimes hourly. I find myself getting angry a lot these days. But each time we experience a new rage-inducing incident, it presents us with the opportunity to experience it, sit with it, greet it with curiosity, and ultimately move through it as it moves through us.

Getting through this process isn't instantaneous, it isn't easy, and we frequently handle it imperfectly. But, ultimately, for our own wellbeing, the wellbeing of others, and for the vibrational wellbeing of our lives as embodied humans on this planet, we must greet the rage, experience it, and come out the other side embracing the opportu-

nity to create a better, higher vibrational world for all of humanity — even the assholes.

All that is to say this: Ladies, I know you're angry. So am I. And I know each day brings new, outrageous, painful things that fuel that rage, pain, and indignation. And it feels awful. It feels terrifying and dark. And it often seems that what would feel better than almost anything in the world is to strike out at whatever has caused the rage and make the person or people behind it hurt as much as we do. Take an eye for an eye. Get our pound of flesh.

I get it. I understand. I walk beside you in your rage, and I share your pain. Feel it. Experience it. Dive into it. Don't spiritually bypass it. Go someplace safe and be in the rage fully and completely. Do it for as long as you

need as often as you need. And in the spaces between the waves of rage when you can start to find the glimmers of Love from Source energy that surround and support us, allow yourself to be fully enveloped in that.

Allow the waves of rage their full expression. And use the moments of Light in between to take loving, compassionate, and meaningful action. Share your voice with the world. Be an example of how to bring about change. Speak from Love fueled by purpose. Support those who are struggling in the darkness and hold space for them until they find a glimmer of Light, knowing that when your wave of rage comes crashing back, they will support and hold space for you.

Now more than ever, we need to recognize that we are a Sisterhood\* and hold space for one another, especially those who are in a different place emotionally, mentally, and spiritually than we are.

Don't wallow. Don't suppress. But do allow, because I promise it will pass if you don't try to stop yourself from experiencing it. Get help if you need. Seek support. And in the moments when it passes, even if it's only temporary, you can use the leftover energy from the release of rage as the impetus to become a Loving force for change and support for all who continue to struggle in the darkness of lower vibrational energy. Even the assholes.

*\*Since there is no gender in Source (only in duality), all of us have experienced lives as every gender when we have embodied in duality. Therefore, while this post seems to talk only to those souls embodied as women today, in truth the Sisterhood includes all of us, and the loving support of the Sisterhood surrounds all of us regardless of the gender with which we currently identify. ♦*





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I can't wait to connect!

# COLOR MAGIC 101

*By Dr. Athena Perrakis, Sage Goddess*



**I**n the magical arts, we study the sacred correspondences or connections between colors, numbers, days of the week, signs of the zodiac, phases of the moon, and many other mundane facets of life that, to others, seem unrelated.

To us, magic is the intentional use and layering of these correspondences in order to harness energy for a purpose. At its base, magic is about intention, and color magic is about using the color spectrum to help manifest intentions.

It's much like The Magician in the tarot using the four elements to make his "magic" happen. Learn how to work with color magic for yourself with this handy guide to Color Magic 101.

## **What Is Color Magic?**

Think of color magic as a rainbow of tools at hand to intentionally raise the vibrations of sacred items and spaces. You may already be using color magic and don't even know it.

Are you drawn to a specific color of flowers or crystals you like to have in your home? Does that change depending on your mood or occasion?

Do you have a favorite color you wear on a first date or for an interview? Do you have a lucky scarf or a favorite lipstick that invokes confidence?

These are all examples of color magic and you tapping into the rainbow for a desired purpose!

## **Color Magic & Gemstones**

One of my favorite ways to work with color magic is by working with gemstones. Whether you keep them on your altar or put them in your pocket or bra for magic on the go, they're an easy way to raise your vibration with color.

Below, I'm sharing a simple overview of the ROYGBIV rainbow of chakra colors with some corresponding stones. However, the colors outside this spectrum (white, brown, black, and the shades of colors in between, like teal) also have their own magic and important properties.





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### **Red: Root Chakra**

The color red corresponds with the Root Chakra. The Root Chakra keeps you balanced and connected with our physical world. Feelings of safety and comfortability with life generate from this energy center.

Red is also the color of passion and desire. It represents blood, the life force, creation, and the full cycle of being. Some of my favorite red gemstones to work with are fire agate, red aventurine, coral, garnet, red jasper, and red tiger's eye.

### **Orange: Sacral Chakra**

Orange represents optimism, luck, prosperity, joy, and success. It resonates with the Sacral Chakra, your energy center of pleasure, passion, creativity, and emotion. Everything you birth comes through your Sacral Chakra.

Some of my favorite orange gemstones to work with are tangerine quartz, orange calcite, carnelian, orange kyanite, peach moonstone, and sunstone.

### **Yellow: Solar Plexus Chakra**

Yellow activates the Solar Plexus Chakra, the center of your power and confidence. This chakra is where

you manifest all the things you create. A balanced Solar Plexus results in a self-assured yet humble sense of power. Yellow is the color of the Sun and represents prosperity, strength, and optimism.

Some of my favorite yellow gemstones to work with are yellow aventurine, citrine, bumblebee jasper, yellow fluorite, tiger's eye, and golden quartz.

*Green is the color  
of love freely shared  
and brings healing,  
harmony, balance ...*

### **Green: Heart Chakra**

The color green activates the Heart Chakra, the center of your body's energy that regulates all your energy flow. Love for yourself and others arises from this chakra, along with compassion and affection.

Green is the color of love freely shared and brings healing, harmony, balance, prosperity, growth, and good fortune.

Some of my favorite green gemstones to work with are bloodstone, emerald, green fluorite, fuchsite, Kambaba jasper, and green tourmaline.

### **Blue: Throat Chakra**

Blue resonates with the Throat Chakra, the energy center located at your physical throat that holds



your truth and how you express it. When your Throat Chakra is balanced, you speak your truth with clarity and conviction.

Blue is also associated with spirituality, calm, wisdom, loyalty, and inner depth. It's the color of the sky and sea and represents expansiveness.

Some of my favorite blue gemstones to work with are celestite, blue lace agate, blue calcite, aquamarine, larimar, amazonite, and blue kyanite.

### **Indigo: Third Eye Chakra**

Indigo blue activates the Third Eye Chakra, the seat of your intuition. Receiving wisdom beyond our world of time and space, including psychic vision, is part of this energy center. When your Third Eye is open, your insight is keen and you're able to perceive what's happening around you.

Indigo symbolizes your deepest thoughts and spiritual wisdom. It's associated with meditation and comprehending spiritual mysteries.

Some of my favorite indigo gemstones to work with are blue tanzanite, iolite, azurite, blue sapphire, lapis lazuli, and sodalite.

### **Purple: Crown Chakra**

The color purple activates the Crown Chakra for

peace, unity, and connection with the higher realms. The Crown Chakra is a bridge between the physical and spiritual and your crown of divine wisdom.

When it's balanced, you feel connected with Source with a deep sense of faith and self-respect — for you are a divine being, accepted just as you are.

Some of my favorite purple gemstones to work with are amethyst, charoite, lepidolite, purple fluorite, violet flame agate, and auralite 23.

*Indigo blue activates  
the Third Eye Chakra,  
the seat of your intuition.*

### **In Closing**

There are many ways to experiment with color magic to support your intentions and influence your mood, energy level, and overall well-being.

In addition to the ideas above, try:

- Changing your wardrobe and makeup
- Add items like crystals, flowers, or decor items to your space.
- Paint your walls and furniture to harness different energies.
- Dye your hair or wear glasses with colored lenses.

However you choose to work with color magic, I hope this brief introduction sparks your interest in correspondences, connections, and the interrelatedness of all things. ♦



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# INVASION

## READY OR NOT

By Willie Windwalker Gibson



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People have known me for years as a shaman and supernatural consultant. I also help other practitioners and investigators with various cases, and I teach as well. I wear many hats. I was once even a section director for Kentucky MUFON and a counselor for contactees.

Being a contactee myself, MUFON wanted me to be their liaison. I would meet once a month at the library with 30 contactees, and they would share their stories. They would sometimes even bring pictures and drawings of wounds they had following an abduction.

Most of these people were scared and apprehensive to share what happened to them, but my group was like a family. And we were at ease with each other. Being a fellow contactee, they were more inclined to trust me. They knew they wouldn't be made fun of and were in a safe space during our meetings.

What I learned from them I already knew. But

what I didn't tell them at the time was that I had deeper knowledge of what was going on. I think it's time for me to share more ...

I've seen recently that the government has been sharing UFO footage, and they say that they don't know what these unknown crafts are. That's not entirely true. They have known since 1947 and earlier that UFOs are real. They kept it a secret, however, because they knew we had no way to defend against them. They explained the high-profile Roswell case as a weather balloon.

But the UFOs kept flying, and they kept denying. So, in the early 1950s, a meeting between President Eisenhower and an alien race took place. During the meeting, there was a contract drawn up with the aliens specifying that in exchange for their tech, they could experiment on humans without any ramifications — something I know a little about.



At the time, the president didn't know that there were other alien races out there — races that were watching our nuclear tests. These tests were drawing species from all over the galaxy. Thus, the various sightings and contacts with humans led to Project Blue Book being formed.

More deals were made with these various aliens, even ones who look like us. In fact, they walk among us now. We have learned from and worked with these various alien races that protect us from "bad aliens."

And this is why we see different types of spacecrafts in our skies — ships from other worlds and dimensions.

We now have a U.S. Space Force, but we've actually had a space force for decades that patrols the skies, not only orbiting Earth, but the Moon and Mars as well. Some crafts that people see are actually our own patrolling the skies. There are also supply

ships for our fleets. Alien craft also patrol, along with our own fleets.



As of late, an increasing number of UFOs are being spotted in the skies. Some of these ships are ours AND the "good alien ships." Some are the bad aliens. So far, we have fought off invasion fleets with help from our alien allies.

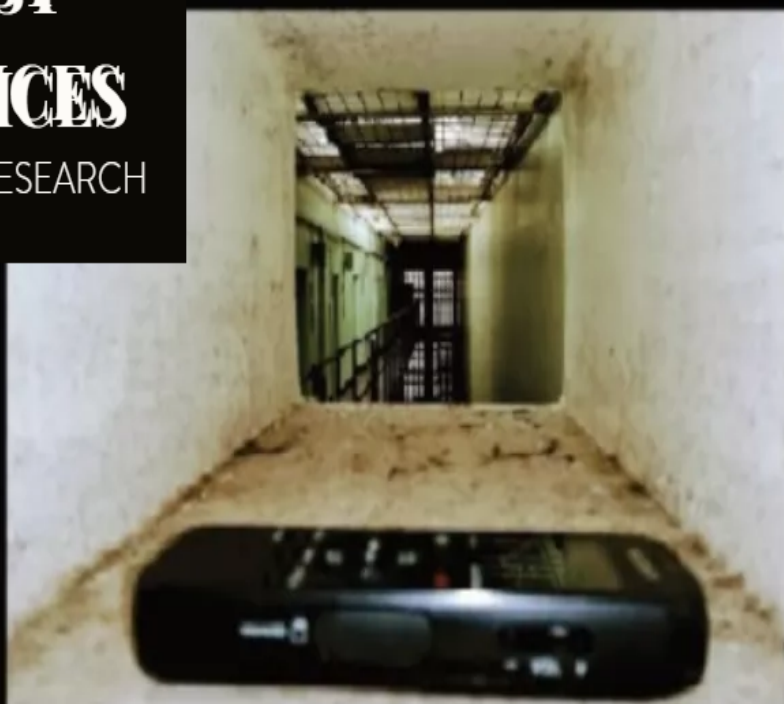
We have our bases on the moon and Mars, as well as inside mountains, under the Earth, and in the oceans. Pictures have been taken from the far side of the Moon and Mars

that show these bases.

NASA is a smoke screen to keep humans from panicking, but an increasing number of humans are catching on. As more people start realizing these facts, I think it's time for the truth to come out. We do, in fact, have allies AND threats from space. We need to be ready for an invasion that will eventually come. ♦

# LOST VOICES

EVP RESEARCH



[www.lostvoicesevpresearch.com](http://www.lostvoicesevpresearch.com)

## Calling all EVP enthusiasts!

My name is Ann, & studying, researching, & investigating EVP is a passion of mine. What began as a hobby has become something so much more important!

LOST VOICES EVP RESEARCH is a site dedicated to the sharing of my findings, thoughts and theories.

I would love to hear from any like-minded enthusiasts out there so that we can discuss our projects.

Feel free to contact me on [annomalie@yahoo.com](mailto:annomalie@yahoo.com) or via [www.lostvoicesevpresearch.com](http://www.lostvoicesevpresearch.com).



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